MERITS OF PAPER BAG COOKING REVIEWED.

By Martha McCulloch Williams.

ences with M. Sover's paper bag cook- ror and gained a charm. ery, it may be well to sum up briefly its claims and its performances.

more than vital in the present state of finance high and low.

item two, nutrition; things cooked in paper bags certainly set better baked, are much better than the same upon the stomach and return more same things cooked outside it.

Item three, prevention-the prevenpoisons, bred betwixt food and air, salt-it draws out the juices. Not the willest microbe of them all away.

bettering of food itself.

Item five, the making tender of Item six, prevention of smells-an

no more than bare mention, Item seven, the crowning mercy,

the abolition of scrubbing out pots and A fine array truly. But not the

whole tale of benefits. The whole might be tedious. Any way, in the things press to be spoken.

fasten the fold with wire clips, to lay utes. the filled bag always seam side up, Stew fish with vegetables after this and if by chance it breaks, to put it fashion; Cut up in neat pieces any to finish the cooking.

and over.

the paper of it crisps wherever it flour. Seal bag, lay it on trivet, takthe heat is too long continued, it de- to the weight of the bag. stroys the tensile strength of the bag. makes it break of itself, and spill its contents. Hence, the importance of this destruction is accomplished.

emptying, with fresh cold water, then salad. set again upon the oven floor. Keep (Copyright, 1911, by the Associated the door ajar until the test paper

dampers should have don their work sufficiently. Close the oven door, leaving inside another strip of clean white paper. In three minutes look at it-if it is browning too fast, set the door again ajar, but if merely yellowing let the door stay closed.

This regulation of heat is a vital part of the problem, but much less intricate than it sounds. So gas range too hot needs to have half the flame turned off, and what remains reduc-

ed as low as is safe. In baking pastry and cake it is essential to make very tiny holes in the upper side of the bag before the, go in the oven. The holes should be in the highest part of the bag, but not very close together.

TASTY FISH DISHES.

Now that paper bag cooking has robbed fish of their barmful odor, the tang that hung to the house through In this final paper on my experi- days and days, Friday has lost a ter-

A baked fish c' any sort is the better for stuffing. Buy your fish with In the claims, item one, economy, regard to the size of paper bags. If you need a very big fell-w, make up your mind that it must be cut in fillets. Two medium fish, stuffed and weight in one. Have the head and strength of mind and body than the tail cut off and the scales very well removed. Wash quickly, wipe dry with a damp cloth and keep very tion of ptomaine and other obscure cold until ready to cook, but do not

Fish stuffing needs to be rich and can survive baking in the oven-and tasteful. Make it of breadcrumbs after the baking the bar is thrown well seasoned with butter or chopped suet; of mashed potato, seasoned with Item four, increase and bettering of onlons and tomato catsup, or of c raflavors, which means increase and meal beaten up with an egg and milk, and fried brown in hot Lacon fat. Wipe the fish afresh inside, salt lighttough, hence indigestible fiber, as in ly, 'ast "ith black pepper and lay round steak, old fowls and such like in a little lump of butter or suct. Stuff and tie firmly, then season outside, grease well all over and pop into a advantage so apparent as to require well greased bag. Cook twenty to thirty-five minutes in a hot oven, reduced after a while. Sliced tomatoes and onions or tomato catsup in the bag with the fish increase the flavor admirably.

If you like fillets well browned, season them after wiping clean, dip in little remnant of allotted space, other sweet milk quickly, roll lightly in flour and put into a thickly greased Words of caution, for example. In bag with a lump of butter proportioncooking in paper bags mind, not your ed to the number. A pound of fillets and q's, but the simple directions requires a large spoonful of butter. or use. Namely, to grease the bags Cook in a hot oven ten to twenty minwell, not to overfill them, to fold utes, shifting from the high shelf to over the open end three times and the low, or vice versa, after ten min-

instantly inside another bigger bag, good white fish that is firm and fresh. Free the pieces from skin and Buy clips in several sizes. They are bone, wipe well, season lightly, dip cheap and almost everlasting. Use in melted butter and lay together them freely in fastening up the bags while you pare and cut in thin slices -they can be pulled off before the onions, turnips, carrots, potatoes, as bag is thrown away and used over many as you like. Lay a thick mass of the allced vegetables in the bottom Coal and wood ranges are not so of a well greased bag, sprinkle lightly well adapted to paper bag cooking as with salt and pepper, then imbed in gas ranges. Still, bag cooking can be the mass as many fish strips as it will done with any kind of heat-the hold without danger of crowding the knack lies in the regulation of it. The bag. Put on more vegetables, stick theory of paper bag cooking is this: in more fish. When all are used, put A cold bag put into a hot stove gets in a scant cupful of slightly salted wawarm very quickly throughout, and ter and a lump of butter rolled in touches nothing but air. This quick ing care that the corners are very heat is essential-it vaporizes the fast. Set upon the gridshelf in a hot liquids or the juices inside the bag, oven for five minutes, then reduce makes a medium for softening heat at least a third and cook for half flavoring the food fiber. But if an hour to forty minutes according

> Rich fish, as salmon, are delicious cooked in wine.

Any good, firm-grained fish of delllowering the heat, and quickly, before cate flavor can be creamed in a paper bag. Cut it in thick slices, wipe There are several ways of doing clean, season, roll in flour, and lay in this. They may be used in combina- a thickly buttered bag. Add a lump tion or separately. First, push in the of butter the size of a wainut for dampers, then open the oven door, each half-pound of fish, and half a and set inside upon the oven floor a pint of thick cream. Seal bag tight, shallow pan of cold water. Leave the set on trivet, cook forty minutes in oven door ajar for two or three min- moderate oven, the heat of which is utes, with a strip of white paper on reduced as above directed. Haddock, the shelf beside the bag. If the paper sole, flounder, or white fish can be turns pale yellow the heat is suf- made very excellent in this fashion. ficiently reduced. If it turns brown Serve with hot brown bread, very very quickly, set the door wide, take sour pickle, and baked apples dressout the water pan and refill after ed with sugar and rum, or a very sour

Literary Press.)

More Fish

By Nicholas Soyer, Chef of Brooks' Club, London.

Sole Bourguigene: Thoroughly but- | wineglassful of sherry mixed with the ter a bag, place inside a well trimmed sam amount of either good fish sole or flounder, add three small peel- stock or ordinary stock. Close the ed uncut onions, a bouquet garni and bag and cook in a moderately hot a glass of claret. Mix a large tea- oven for eighteen to twenty minutes. spoonful of flour with an ounce of butte, place this mixture on the sole, bones and trimmings from the fish in seal ip the bag and cook for twenty a clean small stewpan with a gill of her? min tes in a hot oven.

tes a: Grease a bag thickly. Take and sliced, and simmer lifteen minsix or eight fillets of soles, dust them utes. Strain off and use. lightly with salt and white pepper ard squeeze a little lemon juice over whitebait and roll in flour. Melt one etch fillet. Put them in a bag and ounce of butter, season with a little said to them an ounce of finely minced cayenne pepper, a finely chopped nushrooms, half a heaped large tea- shallot, and a tablespoonful of vinespoonful of finely minced shallot or gar. Sprinkle fish with this mixture, chives, a heaped large teaspoonful of seal in a well buttered bag and cook minced parsley and a heaped dessert- for five minutes in a very hot oven mixed together. Add also half a

To make the fish stock, put the water and a bit of turnip, carrot, & ie or Flounder or Cod, a la Com- onion and celery, all first well washed

conful of freshly fried breadcrumbs, (Copyright, 1911, by Sturgis & Waiton

Feeding the Baby Animals

There Are More Pleasant Tarks on Earth, According to One Who Has Done It.

Birds and animals do strange things in their babyhood. The first thing the baby ostrich does on its arrival in this world is to turn round and eat of preparation for the days, when, a full-fledged gourmet, it shall take barbed wire as hors d'oeuvres, with horseshoes as the plat du jour. But the ostrich stands proudly alone in the ani-

of humans. ribbons, and at the end of half an sion of his deepest gratitude

hour something like a very small tea spoonful had been forced down the patient's throat. Then the exhausted men had a happy idea. They put a lot of castor oil in a saucer, and stepped out of the ring. Bruin walked to the saucer, swallowed the whole dose. his own eggshell, this being by way and looked up pathetically for more. This Mr. Mitchell told to illustrate the undesirability of attempting to force

With the alligator, however, the case is somewhat different. If he refuses mal world, and digestions generally food, drop him into a warm bath, takare much more delicate than those ing care that it is something under boiling point. This should make him and hung the effigy on the high oak Dr. Chalmers Mitchell, lecturing to lively, but if he still refuses to eat, in the front yard of the university. the Royal Institution in London the stuff him forcibly. You tickle the side other day, told of an experience he had of his mouth until he opens his jaws, the morning by Miss Gertrude Schnel that are used for manicuring the nails, with a bear to which it was desired and then ram the food down with the der, vice-president of the juniors. Aft- Just rub it lightly over the ink after to administer a dose of castor oil. With handle of a toothbrush, And if he er heroic efforts she managed to cut blotting carefully, and it will remove an assistant he tried to force it down weeps, do not say hastily and dis- it down. The question was what to do every trace, yet leave the paper in Bruin's throat. Bruin resisted. Min- paragingly that these are mere crace- with it before the entire school saw it. | good condition. utes passed, and their clothes were in dile tears. They may be the expres-

food upon an animal.

Calcs of GOTHAM and

Deaf Mutes Fling Epithets in Court



NEW YORK.—There was a silent commotion of an extraordinary character before Magistrate Krotel in Henry J. Hecker, a deaf-mute pressman of 754 East One Hundred and Fiftysecond street, appeared as complainant against Miss Nora Sullivan, a young woman of twenty, also a deaf-mute, of 330 Water street. Hecker charged that Miss Sullivan grossly insulted him on the street last Saturday afternoon, flinging a broadside of slanderous epithets at him from the tips of her fingers and then banging him on

the head with an umbrella. The young woman, who is short and plump and highstrung, appeared in court in answer to a summons obtained by Hecker. She was accompanied by a dozen friends, all deafmutes. Hecker had about the same number of friends with him and the two factions made the air jump with

other in the sign manual. There was no deaf-mute interpreter in court when the case was called and Magistrate Krotel was at a loss to understand the multitude of high signs that were snapped at him. Hecker of the courtroom there was a wireless vainly talked himself into a state of riot in the corridors until the mammanual palsy, and court attendants moth Sergeant Qackenbos intervened were sent scurrying everywhere for and waved them apart.

an interpreter. Finally Police Sergeant Quackenbos, who is six feet tall and built like a back, was reached at police headquarters and came down to court while the quiet excitement was at its height.

Complainant Hecker was pretty weak in the wrists when he took the stand and related how he had been insulted and thwacked with the umbrella. Quackenbos did not translate the insults, but informed the court Center street court the other day when that in thumb and digit discourse the language was pretty florce.

Then Miss Sullivan took the stand and talked so fast that Quackenbos couldn't get her. He told the magistrate she was having a fit of manual hysterics. He made swimming motions at the witness, wig-wagging for her to become calm. There was a great stillness in the court and at the same time a great tumult. All the deaf-mutes were talking at once and becoming purple in the face.

At last Miss Sullivan talked herself into a swoon and was carried to an ante-room. Brought out again, she talked herself into another swoon and came out of No. 2 quite limp. Then it was drawn from her that Hecker had made unpleasant left-hunded remarks to her and that she was entirely justithe hot remarks they tossed at each fied in swinging at him with her umbrella. "I guess this is all we can stand for

one day," adjudged the court, mop ping his brow. "Case dismissed." As the two silent factions filed out

Man Dies After Fifty Years' Silence

D IGBY, NOVA SCOTIA.—Within a few hundred yards of a beach where 51 years ago two fishermen found him with his legs amoutated, "Gerome," Nova Scotia's man of mystery, died a few days ago, silent to the end about his identity.

Although he undoubtedly possessed the power of speech, "Gerome" had not conversed with anyone in the half century he had been cared for by Didier by a physician. In half a dozen lan-Comeau and the latter's sons and daughters. During all of this time "Gerome" had remained a mystery to the settlers here, most of whom are known as "returned Arcadians," being the descendants of the compatriots of Evangeline who returned to this part of their adopted country after their expulsion by the English in 1755

Away back in the summer of 1861, according to tradition, a ship different from those usually seen here put off and deposited above the tide line an object that several hours later was fered greatly from exposure.

he has been a welcome member of the 'ter an intelligible word.



household, the man was finally revived guages the man was asked:

"What is your name?" To this question, in Italian, propounded by the elder Comeau, the man made muttered reply: "Gerome!" Never after that, however, did "Gerome" utter a word except on one occasion when asked where he came from. "Trieste" was the reply made, seemingly in an unguarded moment.

Physicians from all parts of the world, who have visited this Land of a small boat which made for the shore Evangeline in the 51 summers that have elapsed since "Gerome" was found on the beach, have studied the discovered to be a man. His legs had man's case. Most of them have agreed been freshly amputated and there was that he might have spoken had he dea jug of water and a package of ship's cided to do so; one or two have vouchbiscuit beside the man, who had suf- safed the opinion that some terrible experience through which "Gerome' Wrapped in blankets and taken to passed frightened him out of his the Comeau house, where, ever since senses and rendered him unable to ut

Girls to Enforce Hat Pin Ordinance



CHICAGO.—Thieves to catch thieves, and women to catch women. If

the first, why not the second? So reasons John McWeeny, chief of police. And since it sounded good to the head of Chicago's police department thereupon outlined his plans for

a regular beauty squad. Hat pins caused his cognictions and the same pointed reasons, coupled with an old ordinance that never has done duty, will inspire the 20 girls he hopes to enlist in the service.

"You see, my men are bashful," explained the chief. "And men are anyway. Now if you were standing on the corner and a pink cheeked girl strolled by with the points of her hat pins sticking out a foot, would you arrest

"No, you'd probably wink your eye at your brother officer and say, 'No, no, my no-she ain't breakin' the law.' So you see, we've just got to have girls Whitebait: Bean and dry one pound to catch girls-a regular beauty he will take a chance on the battles

And since the decision has been made, the next step is to get the girls. The chief says he has received letters from many volunteers. From these he will choose the "beauties" and they will be placed in charge of Mrs. Mary Owens, Chicago's only police woman.

Then when the woman with the hat pins strolls by, a fashionably dressed girl, wearing a tiny star where she formerly wore the pin of her sorority. will touch her on the shoulder and suggest that, "The captain wants vou.

And herein lies just one fear that may wreck the proposed beauty squad before its organization.

What if the woman shouts: "What for?" and the beauty policeman says: Your hat pins are too long; they stick out too far; you are under arrest:" will the arrested one cry "Leave me alone or I'll scratch your eyes out?"

Will this be followed by a real hairpulling contest? And will the original gentleman policeman have to cry 'break," stop the argument, and take both fighters for a ride in the blue wagon?

These are questions experience alone can solve. And Chief McWeeny says just to try out his plan.

Coed Throws Her Own Effigy on Pyre

ST. LOUIS.—Passengers on a Market street car passing the western end of Forest Park saw a girl trudging along the tracks with what appeared to be the lifeless body of another girl on her shoulder.

The body was clad in a blue suit and a pair of brown-stockinged legs dangled limply. The motorman slowed up the car. One glance at the head of the object and he threw on the power ed on the visit to a grocery up the

her burden marched on her way. She was Miss Annie Brown, president of the junior class of Forest Park university, who was carrying her effigy to a grocery store half a mile away to Miss Brown established a precedent. which had been on between the junior

and senior classes for three days, the | white seniors had abstracted a dress of Miss Brown, stuffed it with paper and tags

The effigy was discovered early in



It was then that Miss Brown decidtracks. None of the seniors saw the With an indignant look the girl with disposal of the effigy, and all were mystified at seeing the oak tree relieved of its burden.

While the 21 members of the junior class were attending a reception given by Mrs. Anna Sneed Cairns, president burn it. By burning her own effigy of the university, the seniors, 45 strong, stole a march on them by As the climax in the class aght climbing telegraph poles in the vicinity and affixing their colors, yellow and

Easy Ink Eraser. A blot of ink on your paper may be easily removed by means of one of those little emery cardboard strips Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his per-Charffelte sonal supervision since its infancy.
Allow no one to deceive you in this.
All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregorie, Drops and Soothing Syrups. It is Pleasant. It contains neither Oplum, Morphine nor other Narcotte substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhea and Wind Colle. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regular s the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea-The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

The Kind You Have Always Bought

In Use For Over 30 Years

"A BLUE JAY."

Exact Copy of Wrapper.

900 DROPS

ALCOHOL 3 PER CENT

AVegetable Preparation for Assimilating the Rood and Regulating the Stomachs and Bowels of

INFANTS CHILDREN

Promotes Digestion Cheefiness and Rest Contains neith

nior of the Desamental Truest

Aperfect Remedy for Consfiguration , Sour Stomach Diarrhoe Worms Convulsions Feverish

ness and Loss of SLEEP.

PacSimile Signature of

Cheff thatter

NEW YORK.

At6 months old

35 Doses - 35 CENTS

maranteed under the Food

NOT NARCOTIC.

rphine nor Minera



BURNING ITCH WAS CURED

"I deem it my duty to tell about a cure that the Cuticura Soap and Ointment have made on myself. My trouble began in splotches breaking out right in the edge of my hair on the forehead, and spread over the front part of the top of my head from ear to ear, and over my ears which caused a most fearful burning itch, or eczema.

"For three years I had this terrible breaking out on my forehead and scalp. I tried our family doctor and he failed to cure it. Then I tried the Cuticura Soap and Ointment and used them for two months with the result of a complete cure. Cuticura Soap and Ointment should have the credit due, and I have advised a lot of people to use them." (Signed) C. D. Tharrington, Creek, N. C., Jan. 26, 1911.

Itching Scalp-Hair Fell Out. "I will say that I have been suffering with an itching on my scalp for the past few years. My hair fell out in spots all over my head. My scalp started to trouble me with sores, then the sores healed up, and crusts formed on the top. Then the hair fell out and left me three bald spots the shape of a half dollar. I went to more than one doctor, but could not get any relief, so I started to use the Cuticura Remedies. I tried one bar of Cuticura Soap and some Cuticura Ointment, and felt relieved right away. Now the bald spots have disappeared, and my hair has grown, thanks to the Cuticura Soap and Ointment. I highly recommend the Cuticura Remedies to all that are suffering with scalp trouble." (Signed) Samuel Stern, 236 Floyd St., Brooklyn, N. Y., Feb. 7, 1911. Although Cutleura Soap and Ointment are sold by druggists and dealers everywhere, a sample of each. with 32-page book, will be mailed free on application to "Cuticura, Dept. L. Boston

Hardly Suitable. Settlement Worker-Since meat is so high why not use vegetables?

Mrs. terogan-They don't do a black eye no pood.

Talk it so cheap that barbers are now giving it free with each shave.

A postal card to Garfield Tea Co., Brook-eyn, N. Y., asking for sample will repay you. The man who sings his own praise seldom gets an encore.

"Son, I hope you are engaged to a Your Liver Entirely Practical.

"Oh, she's very practical, dad. She Is Clogged Up practical girl." drives her own car, and she can take a motor apart as well as any expert in —Have No Appetite. the business."

The Paxton Toilet Co. of Boston, Mass., will send a large trial box of Paxtine Antiseptic, a delightful cleansing and germicidal toilet preparation, to any woman, free, upon request.

His Choice. "This enterprise is a promising one." "Is it? But what I'm looking for is

Just one cup of Garfield Tea taken before retiring will next day relieve your system gently and thoroughly of all impurities.

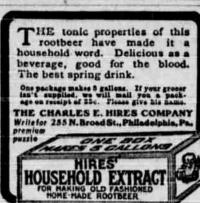
a paying proposition.'

It's difficult for the average man to understand why some women are jealous of their husbands.



TASTY, tempting and **Corned Beef** Fine for a light luncheon or a

hearty meal. Ready to serve—no cooking odor to permeate the house, and economical as well. Makes excellent corn beef hash. At Every Grocers Libby, McNeill & Libby Chicago



SOUTHEASTERN SASKATCHEWAN leads in crops and land values—Mr. Farmer, Mr. Investor, get our maps, prices and terms. See our values in choice improved and unimproved farm lands invest-

in west Texas; \$2 acre up; farms and abstracts furnished; titles perfect R. B. Russell, Atty., Marfa, Presidio Co., Tex.

FROM \$7 TO \$10 DAILY Our "profit-sha ing pian leads to large profits on small capi-tal; free particulars. Em-Co.,94, Duluth, Mion

LADIES Wo to \$100 to introduce Tolle Preparations Houlfft advanced PHIPPEN & CO., Racine, Wis W. N. U., SIOUX CITY, NO. 26-1912.



CARTER'S LITTLE LIVER PILLS will put you right in a few days. They do stipation,

SMALL PILL, SMALL DOSE, SMALL PRICE, Genuine must bear Signature



Sioux City Directory

"Hub of the Northwest." HUMPHREYS STEAM DYE WORKS DRY CLEANING & DYEING OUR SPECIALTY

517 PIERCE STREET GOING TO BUILD? THE LYTLE CONSTRUCTION COMPANY, Siest Co., See can help you. Store buildings, churches, school houses and large residences erected every where

JOHN. J. KEEFE CO. Building Materials. Distributors for AUBURN and OHIO Automobiles. Agents Wanted. 112 Nebraska Street Sioux City, Iowa

VULCANIZING, TIRE REPAIR EXPERTS Only exclusive tire house having experienced men to do the work. All work guarantees. Full line of Fisk Tires and Tire Sundries. SIGUX CITY TIRE & REPAIR CO., 205 Footh St., Show City, In.

ELECTRICITY INB HOW purposes on the farm. Satisfaction guaranteed Ask your local gas engine dealer or write ELECTRIC ENGINEERING CO., 320 Douglas Street, Saus City, In

MACHINERY DOCTORS
Bleam Engines, Gasoline Engines, Antomobiles
of Rights, First Street, 104-118 WATER
STREET, SIOUX CITY, 104-1

THE BRICK WITH A NAME MIA. by SIOUX CITY BRICK & THE WORKS

For Sale By Your Lumberman To Merchants Only Crockery, China, Glassware, Lamps, Hotel Dishes, Fountain Supplies, etc. Wholesalers and Manufacturing Agents.
Write for catalog or salesman SIOUX CTTP
CROCKERY CO., 309-311 Neb St., Sioux CRy, In.

Electric Light Plants for farms and towns. All kinds of electric fixtures and supplies.

Electric Supply Co., 525 5th, Sioux City, In.



RICHARD WEBBER POULTRY

Stock Yards, Sioux City, la. IT DIDN'T HURT A BIT

Dr.C.A. Taylor, Cor. 4th & Jackson St., Sioux City. In.